

WARREN SENTINEL



"Jolly Rogers"

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September 9, 2005

Helicopters deploy *Warren supports hurricane relief effort* 5

30-second rule *Commentary by 90 CES Commander* 2

Having a baby? *Know your Tricare benefits* 6

For info on
Warren's support
of JTF Katrina, visit
www.warren.af.mil.



WARREN SUPPORTS RELIEF EFFORTS

Tech. Sgt. William Guthrie, 90th Logistics Readiness Squadron, packs equipment into a truck Sept. 2 for a deployment of Warren members in support of Joint Task Force Katrina. For more on Warren's support of JTF Katrina, see Pages 5 and 12.

Photo by Berni Ernst

Have
fun, learn
with
Geocache 9



All-service
softball
champion-
ships 17



90 SFG
deploys
for JTF
Katrina 12



Commentary

Invoke TSR: A life lesson

Lt. Col. Joe Ballard
90th Civil Engineer Squadron Commander

I don't know about you, but this summer has flown by for me. I have been telling my squadron, almost since I got here last summer that it would soon slow down. That has not happened to date. It seems since our great success in the Nuclear Surety Inspection and the Combat Capability Assessment the pace has quickened. We are now at the end of summer and starting yet another stretch of very significant opportunities and our folks are still trying to keep pace. Peacekeeper deactivation is right around the corner. We are also gearing up for the next Air Expeditionary Force rotation with an NSI and Operational Readiness Inspection/ Expeditionary Readiness Inspection to follow closely on the heels of those folks deploying. I have simply resigned myself to the fact that the pace here will not slow down anytime soon.

Given that sobering fact, it becomes even more important that the decisions we make and the actions we take are as solid as possible. That requires us to use one of my "Ballard's Rules for Success" and invoke TSR.

TSR is the "30-second rule." While stationed at Headquarters Air Mobility Command years ago, I worked for a general officer who told us multiple times to invoke the thirty second rule, or TSR. He used to say, and I paraphrase, "unless you are flying inverted, supersonic over Baghdad with anti-aircraft artillery all around, you probably have 30 seconds to think about an issue before you speak or act. Use it!"

His point was simple, yet very profound. If all of us could take just 30 seconds to think before we speak or act, the world would be a much different place.

Have you ever paused for 30 seconds? Try it sometime. The human brain is a wonderful machine and can process a lot of information in just 30 seconds.

Virtually always, 30 seconds of "think time" will result in better decisions; less irrational actions. It could prevent an alcohol-related incident or an argument in the family. Thirty seconds of "think time" before speaking or acting could result in a more efficient way of doing business the first time, preventing multiple actions to resolve a problem. Just 30 seconds of thought could save a life.

Invoking TSR does not just relate to work. I'm 100 percent convinced that if I could invoke TSR more at home, our family life would significantly benefit. Many times I speak or act before thinking and it results in hurt feelings or a moment of tension. I'm convinced that if all of us could invoke TSR more, we could even prevent wars!

Most of us have heard the old adage "count to ten before you speak." Invoking TSR is simply another way of enforcing that same principle. Taking that extra

TSR, Page 3

Man on the street

Warren Sentinel asked Warren members, "What are you looking forward to about the fall?"



"Football. I look forward to watching the 49ers all year."

- **Tech. Sgt. Robert Blevins, 90th Maintenance Operations Squadron**



"I'm looking forward to slightly cooler temperatures, but not too cool because I'm not ready for winter yet."

- **Tech. Sgt. Jerry Fenwick, 90th Space Wing Safety**



"Being a groomsman at my brother's wedding on Oct. 1."

- **Senior Airman Mitch Krebsbach, 90th Security Support Squadron**



"I'm looking forward to my retirement. I'm going to stay here and be a Cheyenne police officer."

- **Tech. Sgt. Bryan Yeomans, 90th Security Support Squadron**

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If you aren't having fun, you aren't doing it right

Making work fun is half the battle

Maj. Todd Cheney
39th Logistics Readiness Squadron

INCIRLIK AIR BASE, Turkey — One of the phrases I always remember from my officer training days is, “If you aren’t having fun, you aren’t doing it right.”

It didn’t mean you should ignore your duties and responsibilities, it simply meant you should find ways to enjoy what you are doing. If you don’t enjoy what you are doing, you should take inventory of the possible causes and adjust to eliminate as many as possible.

There are three things that make my duties and responsibilities fun for me: understanding the mission and how I have an impact, owning my own area of responsibility and enjoying the camaraderie of my fellow Airmen.

Understanding our mission and how each Airman and civilian assigned has an impact is essential to our success and to each individual’s job satisfaction.

The Airman checking in supplies has to do his or her job to ensure we get the right parts to the right

place on time. The personnel specialist ensures the right people are available by managing tour extensions, performance reports, promotions and much more. The chaplain ensures our people are spiritually fit so they are well and able to perform their duties in support of the mission.

Every person has a link to the mission. If you haven’t figured out how you link up, ask your boss. It’s

a lot more satisfying to do your duties when you know exactly how you make an impact.

The next item is ownership of your own area of responsibility. This can be somewhat of a complicated issue since it involves trust from supervisors, competence and attitude; however, today I will try to keep it simple.

Each individual should have ownership of some part of the mis-

sion through their duties and responsibilities. Supervisors should give their subordinates a charge with set parameters and let them go to work. Don’t interfere unless they stray outside the parameters or they are looking for assistance.

This gives the subordinates ownership in the task at hand.

They decide how they are going to get it done and they do it. At the end of the day, they have the satisfaction of

knowing they accomplished something. I know I’m having fun if I get something accomplished during the day and oftentimes it starts with my boss allowing me to have ownership of part of the mission.

The last, but most important, piece that ensures I’m having fun accomplishing my duties and responsibilities is the people I work with.

Everyday I’m surrounded with

energetic people who want to do good things for our Air Force and our country.

We care about each other and we want to see each other succeed in life. If one of us is having a rough day, the others are there to pick us up and carry some of the load. The people we work with and their positive attitudes are essential to having fun while accomplishing our mission.

This concept of having fun doing your duties shouldn’t be foreign and it probably isn’t for most of you. However, it is important to remind ourselves of what make us enjoy being part of the Air Force, because if you are having fun and enjoying what you are doing, you are more likely to be more productive and have a greater positive impact on our mission.

In my mind, having fun is a key ingredient to our mission success. Sure, there will be times that don’t feel fun -- getting chewed out by your boss, having to work some overtime to catch up, or accomplishing the tasks you dislike the most -- but overall you should strive to find reasons and ways to enjoy what you are doing. If you aren’t having fun, you are just not doing it right.

IF YOU DON’T ENJOY WHAT YOU ARE DOING, YOU SHOULD TAKE INVENTORY OF THE POSSIBLE CAUSES AND ADJUST TO ELIMINATE AS MANY AS POSSIBLE.

TSR, from Page 2

time to think maximizes our intelligence capability. Our Air Force is the smartest it’s ever been. New Airmen arrive every week here and they continually amaze me. Our folks are smart! It is not a matter of not being

smart enough to make good decisions. Many times, it’s simply a matter of using that brainpower effectively before reaching a decision. Invoking TSR helps us all to maximize the brainpower at our disposal.

With the pace still going fast and no let-up in sight anytime soon, invoking TSR can help us ensure we make good decisions at work, at home — in life. It will help us all be better Airmen, a better husband or wife, a

better wingman, a better person. I know that this article will generate many comments from my family and co-workers. I am more guilty of violating the “invoke TSR” rule than almost anyone else in the Mighty

Ninety and I can hear those around me now saying, “use your own advice!” We should all make a renewed commitment to think for 30 seconds before we speak or act. It will improve our work, make us safer, and improve home life. Invoke TSR!

6 by 3.5

full page ad

Warren provides support in wake of Katrina

Airman 1st Class Connor Elayan
90th Space Wing Public Affairs

In support of Joint Task Force Katrina, a group of Warren service members deployed Friday to Columbus Air Force Base, Miss., to aid in hurricane relief efforts.

"This is a very important mission," said Maj. Gen. Frank Klotz, 20th Air Force Commander. "I'm extraordinarily proud of everyone in the 20th Air Force and in AFSPC who made this happen, and of the pilots, maintainers, security forces and support troops who are now providing help directly to those who so desperately need it in Mississippi and Louisiana."

Warren provided 10 aircrew members and two of eight Huey helicopters sent by Air Force Space Command and 20th Air Force to perform 24-hour operations in support of JTF Katrina.

"The Hurricane Katrina relief effort represents the first time we have deployed our helicopters outside their normal flying area to support emergency operations and is also the largest single deployment of AFSPC helicopters anywhere, ever," said General Klotz. "We have in essence created a stand-alone helicopter squadron



Photos by Mark Crabtree

First Lt. Kevin Weaver, 37th Helicopter flight co-pilot and assistant chief of training, prepares to deploy Sept. 2 in support of Joint Task Force Katrina.

with eight aircraft from four different AFSPC Air Force Bases."

Warren also deployed support personnel to include security forces, medical, aircrew support, logistics, maintenance and communications members, who were flown to Columbus AFB, Miss., in a C-130 from an Air National

Guard unit stationed out of Maxwell AFB, Ala.

"Although our contribution is only one aspect of the overall effort, we feel privileged to be a part of rescue and recovery in support of Joint Task Force Katrina," said Col. Michael Carey, 90th Space Wing Commander.

While deployed, the

aircrews and support contingent will be performing humanitarian relief, reconnaissance and medical evacuation operations. They have already saved several lives, transported more than 22,800 pounds of supplies and flown over 72 hours.

"The helicopters assigned to the 20th Air Force are primarily dedicated to providing security top cover for America's intercontinental ballistic missile force. However, because of their inherent capabilities, such as the forward-looking infrared system, they can also be used for search-and-rescue missions," said General Klotz. "In fact, our helicopters quite often provide support to local civil authorities in searching for lost children, hikers, snowmobilers, and so on, in and around communities where they are based."

Despite long hours and the possibility of being forward deployed, Warren members are eager to provide support in any way they can.

"It's a sad situation," said Tech. Sgt. William Guthrie, 90th Logistics Readiness

Squadron. "I'm ready to help in any way I can."

"It's the right thing to do," said Master Sgt. Jim Mauriello, 20 AF. "I'm looking forward to being part of a team that helps people fulfill their needs."

While some of the deploying servicemembers are leaving families behind to help support the disaster relief effort, Sergeant Mauriello says his family is more than willing to make the sacrifice.

"They are a military family so they understand need and commitment," said Sergeant Mauriello. "They know making this sacrifice will help someone else."

Warren pledged to provide support for the families of deployed members in their absence, said Colonel Carey.

"It all goes back to the wingman concept," he said. "We will be sure to take care of the families left behind by this deployment."

For more information on Warren's support of JTF Katrina, visit the base Web site at www.warren.af.mil and click the JTF Katrina link.



General Klotz speaks to members of the 37th Helicopter Flight before a deployment of Warren aircrews and support personnel Sept. 2 in support of Joint Task Force Katrina.

Briefs

OB clinic notice

New obstetrical patients seen at the Warren Clinic can obtain care through the local Tricare network of OB providers starting Sept. 19.

All initial pregnancy tests must be completed at the 90th Medical Group before continuing OB care.

Existing OB patients will continue care with their current providers.

To make an appointment, call the appointment line at 773-3461.

AF birthday party

A free AF birthday party is scheduled for 5 p.m., Sept. 16 at the Trail's End Club. Non-members are welcome to attend. The party includes cake, drinks and heavy hors d'oeuvres.

For more information, contact 1st Lt. Jennifer Anderson at 773-5810.

Carlin Heights busing

Until road and fence construction is completed in the area, busing of students to Freedom Elementary is available for Carlin Heights.

For more information concerning pickup times and locations, contact Laramie County School District #1 at 771-2100.

Peacekeeper deactivation alumni celebration

The 90th Space Wing invites all the men and women who've worked with the Peacekeeper mission during their military or government careers for a celebration Sept. 19 and 20 in recognition of the Peacekeeper deactivation.

For more information or to register, visit www.PKdeact.com. Spaces are limited to a first come-first served basis.

Participants must procure their own billeting and travel arrangements.

Free group fitness classes

The indoor track offers free group fitness classes. Classes are open to military, dependents, DoD civilians and guests.

For more information, contact the Freedom Hall at 773-6172.

KATRINA DISASTER RELIEF

Sponsored by Warren's first sergeants

America first – We take care of our own

Donations of non-perishable food items and bottled water will be accepted and transported to the Salvation Army.

The American Red Cross is accepting monetary donations. If donating by check please make check out to ARC, write in the remarks section "Katrina."

Contact your first sergeant or designated squadron representative to donate, they will arrange delivery.

Congrats to Kickback Summer winners

The following players were winners in the final drawings held at Frontiercade:

Ipod – Staff Sgt. Chris Fisher

Sony PSP – George World, retired Air Force reservist and DoD civilian

Personal DVD player – Staff Sgt. Monique Hine

X Box – Pamela Squires, wife of Tech. Sgt. David Squires

The trip for two to Cancun or Las Vegas – Wendy Bails, wife of Tech. Sgt. Robert Bails



Construction Corner

Road Closure now until Sept. 30 at the intersection of Old Glory Road and Fuel Road

Old Glory Road and Fuel Road are closed until Sept. 30 to replace distribution lines. One lane of traffic will flow in each direction. Buildings 665 and 660 can be accessed via South Frontier Road to the east end of Fuel Road. Note the actual construction site and follow the signs provided.

For more information, contact Tech. Sgt. Rodell Reed at 773-4097.

Full Page ad

Full Page ad



Photos by Staff Sgt. Theresa Donnelly

Terri Ammonis, Warren Outdoor Recreation specialist, unrolls the log retrieved from the first cache, a film canister, during the Geocache hiking trip Aug 27 just outside of Rocky Mountain National Park. On it, Ms. Ammonis writes, "Warren AFB Outdoor Rec," and the date and time the cache was found on the log. After finding a cache, people can log on to the site and report what they found at the site.



Krystal Fore and Kaleb Atchison help each other program their GPS devices to find their next cache. For more information about Geocache hikes, call outdoor recreation at 773-2988



Pete Somontes, equipment repair technician and recreation specialist for outdoor recreation, programs the global positioning systems for the hikers before heading off to the mountains for a Geocache expedition. Geocache is a world-wide treasure-hunting hike. People all over the globe participate by logging in to the Website, www.geocache.com, where they post the coordinates for a cache.

Warren members search for treasure



Krystal Fore, wife of 2nd Lt. Clint Fore, 90th Operations Support Squadron, Sara Sautner and 1st Lt. Kevin Weaver, 37th Helicopter Flight, search for a hidden cache in the Rocky Mountains. Caches can be actual -- something placed in an area, or it can be virtual -- some permanent fixture, like a waterfall or statue.

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Full Page Ad





Photo by Senior Airman Heather Norris

IN THE WAKE OF HURRICANE KATRINA ...

LACKLAND AFB, Texas -- Medical patients evacuated from Keesler Air Force Base, Miss., in the wake of Hurricane Katrina are unloaded from a C-17 Globemaster III Aug. 30. Their medical care will be continued at Wilford Hall Medical Center. The C-17 and aircrew are from the Mississippi Air National Guard.

People begin to venture outside of Keesler shelters

Louis Arana-Barradas
Air Force Print News

SAN ANTONIO — For the first time since Hurricane Katrina forced them into shelters, 6,000 people at Keesler AFB, Miss., ventured outside for a breath of fresh air.

That was late in the day on Aug. 30, just after eating their first hot meal since the devastating hurricane nearly blew the base and that section of the Gulf Coast off the map.

People stood in line for up to two hours to get their first hot food in days, said Lt. Col. Claudia Foss, the 81st Training Wing spokesperson.

"We were able to feed 6,000 people at one dining facility," she said. Then, after being cooped up for days, families just wanted to go outside and get some fresh air.

"The kids were all anxious to get out of the shelters and play," she said.

But that somewhat festive mood ended for most Aug. 31 when families who live on the training base got to

visit their homes for the first time since they evacuated them late last week. Most of the base housing area along the Bay of Biloxi shoreline is uninhabitable because of water damage caused by the tidal surge, said Colonel Foss, whose house was among those heavily damaged.

However, there has been little time to ponder the damage. Most people have been concerned with just making it past the storm, Colonel Foss said. And after the hurricane swept past, people working to get the base back on track have been too focused on that to worry much about their homes, she said.

However, that is not the case with their families, she said. Most are anxious about what they will find when they return home.

"(Aug. 31) is the first day folks are actually going to look at their homes -- to assess (the damage)," the colonel said. "So today is going to be very emotional." She said special life skills teams are standing by to help people cope with their losses.

Afterward, base officials will determine where to lodge people once they can leave the base's seven shelters. Some will have to move to another shelter on the base, or "whatever is available," she said.

The tidal surge that followed the hurricane's high winds devastated the base. Nearly every building received damage. Many roads still remain chocked with debris. And there is no electrical power available, except that provided by emergency generators to critical buildings. Communications are minimal and only Defense Systems Network telephones work.

Outside the base's main gate the destruction is catastrophic. The city of Biloxi, Miss., is flooded, and the hurricane erased many parts of the nearby Gulf Coast. It is the same in Louisiana and Alabama.

Television images are of the destruction of New Orleans, which is now under a state of martial law. Military helicopters are picking up people stranded on rooftops. Clean

water and power are gone. Food supplies and gas and ice are dwindling fast and sewage is backing up in many coastal cities and towns.

A railway runs past the Keesler front gate. And past the tracks is Highway 90. That was the way it was before Katrina struck.

That is all "basically a coastline now," Colonel Foss said.

And more help is arriving at the base. The Air Force has mobilized to help the people at Keesler and the entire area, if needed. Commanders of other Air Force bases have pledged their support. And Air Mobility Command C-17 Globemaster III and C-5 Galaxy aircraft are flying relief equipment to the airport at Lafayette, La.

On Aug. 30, a C-130 Hercules and C-17 landed to medevac 25 hospital patients and 31 pregnant women in their third trimester to Wilford Hall Medical Center at Lackland AFB, Texas.

"We're getting a lot of great help," the colonel said.

6 by 6.5

All-service teams meet for championships

Armed Forces women move battlefield to diamond

Tech. Sgt. Denise Johnson
21st Space Wing Public Affairs

PETERSON AFB, Colo. – From Aug. 24 through Friday, a capacity crowd of Team Pete members gathered at the base softball fields, rallying for their “home” team.

Four all-service teams met on the diamonds to vie for the Armed Forces Women’s Softball Championship title in the three-day tournament.

Women serving in the Armed Forces gathered at their respective branch-of-service softball camps for two weeks of tryouts prior to making the cut onto the All-Army, Navy, Air Force or Marine team. In the end, 15 women comprised each team as the most ideal candidates to come to Peterson Air Force Base and, hopefully, bring home the Gold Medal to their fort, station, base or camp.

The championship will be held here one last time in 2006 before moving on to another location. The tournament is on a three-year rotation moving to a new location and a new branch-of-service host each time.

“This tournament had more support than any other [we’ve] hosted,” said Sharon Duell, 21st Services Squadron athletic director. “We had a lot of fun and it was great to see the fruition of a lot of hard work.”

Months of planning and work came together as local and national media covered the battle for the gold.

“It took a lot of man hours, personnel and teamwork to bring this tournament to this level of success,” Ms. Duell said. “From our team here at the services squadron, to the [communications] folks, public affairs, civil engineers, volunteer bat girls and support from the wing leadership – we all came together. It was terrific.”

Sportscenter highlighted the tournament as part of ESPN’s



Photo by Tech. Sgt. Matt Gilreath

Airman 1st Class Schameka White, All-Air Force left fielder, gets ready to rip a line drive down the third baseline in the first game of the inter-service championship series against Army Aug. 24. White went 3-5 in the first game and was featured on an ESPN segment during the series. All-Air Force lost the first game against Army 16-14, but came back to win 20-15 in the championship game.

“50 in 50” series, which covers 50 sports in 50 days in 50 states. The hour-long feature, covering Colorado sports with the Armed Forces Women’s Softball Championship dominating the show, aired a special segment on Airman 1st Class Schameka White from Moody AFB, Ga.

The aviation resource management apprentice overcame a challenging childhood and graduated from college on a softball scholarship. She then joined the Air Force, came here on permissive temporary duty and made the cut for the All-Air Force team. The left fielder went 4-4 in the final game of the

tournament – helping to seal the deal for the Air Force gold.

“I have overcome many obstacles to find myself here today,” Airman White said. “I am blessed.”

The ball players were just one element of the three-day event, as 21st SVS members sold hot dogs, T-shirts and sodas while volunteer youth from Peterson stood in as bat girls.

“The crowd cheered from the first pitch to the last, sticking it out until late Friday night for the end of the final game and the award ceremony afterward,” said Major Jessica MacDonald, 21st SVS commander. “We had a capac-

ity crowd of fans from civilians to family members, not to mention active duty and retirees from every branch of service. Peterson is a prime location for an event such as this because of our joint-service tenant units and varied missions here. We had supporters from every branch of service.”

The crowds, regardless of their allegiance, watched the Air Force complete their mission on time. All-Air Force lost to All-Army in the first of nine games, but came back for an eight-game winning streak to beat All-Army in the final game, 20-15. All-Air Force has won the gold medal four out of the last five years.

6 by 2

BTZ Airman puts 110 percent effort into life

Before transitioning to the 90th Security Support Squadron from the 790th Missile Security Forces Squadron, Senior Airman Stephanie Bathrick, a New York native, sat down with Airman 1st Class Tessa Cubbon to talk about making senior airman below the zone, spending time in the missile field and why her grandmother is her hero.

What do you do?

We provide security at launch facilities. We also dispatch fire teams where we provide security outside the LF.

How long have you been doing that?

A little over a year and a half; I just hit my two-year mark.

Did you make senior airman below the zone?

Yes.

What was your secret to that?

Actually, I didn't really have a secret. It's just volunteer work. We did a lot of flight functions. That helps with BTZ, and also I never complained about going to the field. I think being older than everyone else helped. I'm a little more mature.

Do you like going out to the field?

It's not bad. It has its ups and downs. I love campers. People say I'm crazy, but you go out for three days and sit on site in the camper; it can be fun. You get your three days done, come back here, and you get some time to yourself.

What do you do to pass the time?

We patrol. There is always two of us, so we keep each other occupied. I like to read, so I usually bring books with me.

Why did you join the military?

Well, I was a teacher's assis-



Photo by Senior Airman Lauren Hasinger

Senior Airman Stephanie Bathrick, 90th Security Support Squadron, discusses an important work issue with a co-worker Wednesday.

tant in a class teaching disabled children, and I needed to further my education but it was impossible to do working that job.

Why do you think you were recommended for this column?

I don't like to brag but my name is well spoken around the whole squadron. I'm 790th Missile Security Forces Squadron Airman of the Quarter and I come up on my days off to help others at Quality Control.

What kind of volunteer work do you do?

I've done a lot of stuff for the Air Force like Frontier Days. We volunteer to do police work; we did the POW/MIA March; I liked doing that. [We also do] retreat ceremonies. I have volunteered at the dog kennel and the veteran's hospital; I stayed with the elderly there for a couple hours on Veterans Day.

What is your dream assignment?

I really want to go overseas; I was kind of hoping for a nice tropical place like Guam or Hawaii.

What's your favorite part of the military?

Actually, I like the fact I have a lot of friends. I've met so many people, and I love the amount of different kinds of friends I have. That's probably the best part about the military; you can meet new people every day.

Who's your hero?

My grandmother is my hero. She inspires me so much. My grandfather was very ill, she had my baby brother living with her, and then she has my aunt with an infant baby, and my other aunt's 6-year-old son living with her. And she's still going strong; she'll never let you know that she's bothered [or] that she can't handle it. She never freaks out, but you can tell that she's tired and stressed. I would have given up. Anything can be done if you're

looking through her eyes.

What would you do if you were wing commander for the day?

I would definitely go around and see everybody. I guess I would just go around and talk to people and see how things are going.

What's your life's motto?

I have a couple of them; most of them come from my grandmother. I tell this to all the new troops that ask me about BTZ. If you really want to do something, and you really put a 110 percent effort into it, I believe you can achieve anything. And I believe that only because I'm here now, and I'm doing so well. This must be my niche. If you want it, if you strive for it, you can get it.

Anything else?

I love my flight [Flight CS2]. We have a really good, well rounded flight; we're always there for each other. We look out for each other.

To nominate an outstanding Warren servicemember, e-mail connor.elayan@warren.af.mil.

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Boxing Exhibition

The Warren Boxing Team show off their skills in free exhibition matches 7 p.m., Saturday at Fall Hall. Doors open at 6 p.m.

For more information, call 773-4495.

Last paintball tournament of the year

The final paintball tournament of the season is scheduled for Saturday. Sign up with a five-man team or as a single in the players' pool.

First-place winners will be awarded a paintball marker in addition to other prizes.

Prizes and trophies will also be awarded for second and third place.

The entry fee is \$15 per person and includes a marker, 20-oz. tank, protective gear and the first hopper of paint.

The cost of paint is \$60/case (2000-count); \$30/1000-count; \$20/500-count. Official paintball tournament rules apply. Minimum age is 12. Tournament start time is 8 a.m.

Early sign-ups are encouraged.

For more information, contact outdoor recreation at 773-2988.

Military Appreciation Day

The final Military Appreciation Day at Coors Field is scheduled for Saturday when the Colorado Rockies take on the Arizona Diamondbacks. Game time is 1:05 p.m.; trip departs outdoor recreation at 10 a.m. The cost is \$16 and includes ticket and transportation.

Sign-ups are limited so reserve seats today. For more information, contact ODR at 773-2988.

Club members save money in services facilities

Club members save 10 percent on Tuesdays during the membership drive, from now until Nov. 30 when they visit Warren Lanes (does not include league fees), Trail's End Club, Warren Golf Course, outdoor recreation, FAM

Camp, aquatic center, arts and crafts center and auto skills center.

Club members must show club card and pay by cash, check or club card. No other credit cards may be used to receive this offer.

Red Cross swim lessons

Red Cross swim lessons are scheduled until Sept. 29, 4:30 to 5:30 p.m., Tuesdays and Thursdays.

The cost is \$26, \$21 with family swim pass.

For more information, call the aquatic center at 773-3195.

Youth Bowling Program scholarships

The Youth Bowling Program offers scholarships to all participants ages 7 to 21.

Pee Wee's earn trophies and gifts at the end of the season. Season begins Saturday, and certified coaches are available weekly to assist all youth bowlers.

For more information, call Warren Lanes at 773-2210.

Give Parents a Break program

Give Parents a Break is a free childcare program for active-duty members with children ages 6 weeks to 11 years who are under unique stress.

The program is available monthly on the first Saturday, 8 a.m. to noon and third Friday, 5:30 to 9:30 p.m.

For more information or to request a referral for the Give Parents a Break program, contact your squadron commanders, first sergeants, chaplains, medical professionals, family advocacy, family support center or the child development center.

Auto skills stalls

The auto skills center now offers reservations for a patron-use stall. Stalls are reserved one business day prior to use for \$3 per hour.

One stall is available for reservations, and doesn't include a lift.

Reserved stalls are held until five minutes after

the reserved time then released to waiting patrons.

For more information, contact 773-3869.

The Spa at the aquatic center

The Spa at the aquatic center offers massage therapy, hot stone massage, couples massage, body wraps (mud, seaweed, etc.), sugar scrub, facial mask/reflex session, ear candling and air brush tanning.

For more information, call the aquatic center at 773-3195

Member's Day Golf Tournament

The Member's Day Golf Tournament is scheduled for Sept. 17.

The tournament includes individual stroke play with handicap. The shotgun start is at 8 a.m.

The cost is \$30 for members and \$45 for nonmembers and includes prizes and lunch buffet.

For more information, call the Warren Golf Club at 773-3556.

6 by 6

Education Center Briefs

Education fair: The education and training flight hosts an open house and education fair Wednesday at the education center from 10 a.m. to 2 p.m. Representatives from Laramie County Community College, Park University, Embry-Riddle, American Military University, University of Phoenix, Colorado Christian University, The University of Wyoming and Regis College, among others, will be available to provide information and speak with current and prospective students. Come and learn more about colleges and schools, tuition assistance, financial aid and other education-related topics, have some refreshments and maybe win a door prize. For more information, contact Sharon at 773-4889.

Air War College Seminar: The Air War College Nonresident Program is soliciting eligible officers and federal employees for the seminar program. If you are interested in completing AWC in this manner, enroll online, indicating your preference for group learning. The start date, number of members and meeting frequency are completely up to the seminar members. This program is open to active-duty, National Guard, and Reserve O-5 selectees or above, of any component of the U.S. armed forces, and DoD civilian employees GS-13 or above. For more information, go to <http://www.au.af.mil/au/awc/awc-ns.htm>, contact Lt. Col. Douglas Nichols at 772-6427 or the education center at 773-4889.

Personnel Reliability Program is everyone’s responsibility

Question: When is an individual certified in the PRP required to submit a periodic reinvestigation for their security clearance?

Answer: All members certified in the PRP must have a periodic reinvestigation completed every five years. All PRP certified personnel on Warren are required to submit their PR by the 54 month point or four-year, six-month point.

Look for general knowledge questions and answers every week in the Sentinel, courtesy of the base PRP office.

CONGRATS TO ALS CLASS 05G

The goal of the Airman Leadership School is to prepare senior airmen to become effective Air Force supervisors. The course consists of three curriculum areas: Profession of Arms, Leadership, and Communication Skills.

Michael Ambriz
90th Missile Security Forces Squadron

David Bentley,
187th AS
Leadership Award Winner

Russell Clevinger,
90th Missile Security Forces Squadron

Jeremy Doe,
90th Logistics Readiness Squadron

Alirio Flores,
90th Mission Support Squadron

Timothy Fuller,
790th Missile Security Forces Squadron

Joshua Gearhart,
90th Security Forces Squadron

Justin Guggisberg,
90th Missile Security Forces Squadron

Amanda Johnson,
319th Missile Squadron

IsabellaMilks,
90th Services Squadron
Distinguished Graduate Award winner

Robert Padget,
153rd SVF
Kisling Seminar class leader

Bryan Sweetman,
90th Civil Engineer Squadron

Joseph Vandenbrock,
90th Missile Security Forces Squadron
Academic Award winner

Anthony Williams II,
90th Maintenance Operations Squadron
John L. Levitow Award winner

André Wright,
90th Maintenance Operations Squadron

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